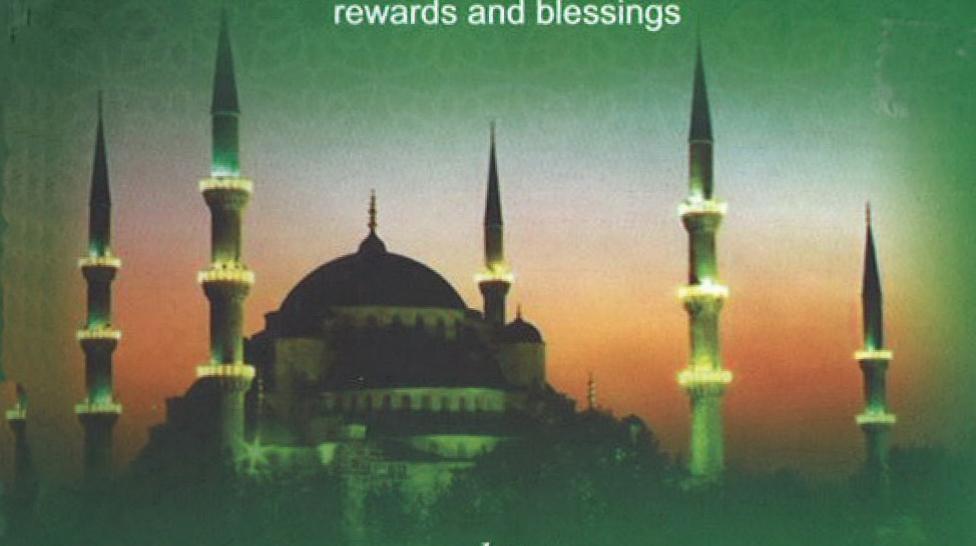
EASY DEEDS WITH ENORMOUS REWARDS

This book contains some easy to offer deeds (A'amāl) encompassing enormous rewards and blessings



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بِسۡمِ اللّٰهِ الرَّحۡمٰنِ الرَّحِيۡمِ

نَحۡمَدُهٗ وَ نُصَلِّیۡ عَلٰی رَسُوۡلِهِ الۡكَرِيۡمِ ط

اَمَّا بَعۡد !

Introduction

Aḥadīth Tayyiba (the Traditions of the Holy Prophet ﷺ) refer to certain deeds, which are simple and easy to perform, but accrue excessive blessings and rewards. Such simple and easy deeds are indeed among the limitless bounties of Allah Ta'ala. This booklet compiles such simple and easy deeds, for the general benefit of all who wish to avail them.

However, it is extremely important to understand that *'Dīn'* (Islam) is not restricted to only these deeds and offerings. It has much more to it than these short acts of virtue. Therefore, each Muslim must discharge the entire set of obligations *(Frāiz and Wajibāt)*

ordained by *Shariah,* and simultaneously strive hard to refrain from committing sins including all acts that attract the displeasure of Allah Ta`ālā.

Some of these deeds carry a promise of forgiveness for sins. Nevertheless, it must be clearly understood that "Forgiveness For Sins", means the pardon from minor *(Saghirah)* sins. Major *(Kabirah)* sins, as per *Aḥādīth* Tayyiba only, will NOT be forgiven by Allah Ta'ālā unless one seeks an exclusive and special Taubah (repentance) for each of such sins[1]. Therefore, there must not be any misconception in anyone's mind that one can freely commit all kind of sins, and subsequently can go scot-free cashing on these easy deeds.

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1. Apart from *Kabīrah* (Major) sins, all sins committed against the creatures of Allah which are also known as violation of *'Huqūq-ul-I'bād'* (Rights of the creatures of Allah) are also outside the ambit of the blessings invoked by these virutously hefty deeds. Violation of any such rights of the creatures of Allah is also NOT forgiven merely by repentance - special or general - unless the violator seeks pardon wholeheartedly from the aggrived creature or compensates the loss to the one whose rights have been infringed.

One should also not misconstrue that if one is, for any reason, unable to perform major virtuous deeds, what good it is to perform these simple and easy deeds? Or, alternatively, if one thinks that since he or she is blessed by Allah Ta'ālā to perform and accomplish other virtuously hefty deeds, why care about these trivial deeds? Both of these notions are not only erroneous and misleading, but are also satanic deception to distract the human mind from achieving any pious deed whatsoever.

Our beloved Prophet ﷺ has said: "Deem not any virtuous deed as trivial." Thus little wonder, if any such seemingly small deed is granted acceptance by Allah Ta`ālā, and by its virtue the rest of life is reformed towards eternal success. It is with this moderate approach towards striving for virtuous deeds, the contents of this booklet should be read, understood and acted upon.

وَمَا تَوْفِيْقِيْٓ اِلَّا بِاللّٰهِ وَلَا حَوْلَ وَلَا قُوَّةَ اِلَّا بِاللّٰهِ ط

Six Blessings

Hadhrat ‘Abdullah Ibn ‘Abbās ﷺ narrated that Hadhrat Othman ﷺ came to the Holy Prophet ﷺ and asked:

"O Prophet of Allah! What does

لَهٗ مَقَالِيْدُ السَّمٰوٰتِ وَالْاَرْضِ

(Allah holds the keys of the earths and the skies) mean?" The Holy Prophet ﷺ said, "It means:

سُبْحَانَ اللّٰهِ وَالْحَمْدُ لِلّٰهِ وَلَآ اِلٰهَ اِلَّا اللّٰهُ وَاللّٰهُ اَكْبَرُ
وَلَا حَوْلَ وَلَا قُوَّةَ اِلَّا بِاللّٰهِ الْعَلِيِّ الْعَظِيْمِ ط اَلْاَوَّلُ
وَالْاٰخِرُ وَالظَّاهِرُ وَالْبَاطِنُ بِيَدِهِ الْخَيْرُ يُحْيِ وَيُمِيْتُ
وَهُوَ عَلٰى كُلِّ شَيْءٍ قَدِيْرٌ O

(Pure is Allah, and All praises belong to Allah, and there is no god but Allah and Allah is the Greatest. And there is no might [to save from sins] and there is no power [to achieve virtues] except that given by Allah, the High, and the Supreme. He is the One who precedes everything, and He is the One who succeeds

everything, and He is the Manifest and He is the Hidden. Good lies in His hands. He gives life and He brings death, and He is powerful over everything)

O Othman! Whoever recites these *Kalimāt* (verses) ten times each, in the morning and in the evening, Allah will provide him with six benefactions:

- He will stand guarded against *Shaiṭān* (Satan) and his gang.
- He will be given enormous *Thawāb* (reward).
- He will be married to *Hūr-e-A'in.*
- His sins will be forgiven.
- He will be with Ḥadhrat Ibrāhīm ﷺ in *Jannah* (Paradise).
- Twelve angels will come to him at the time of his death, giving him glad tidings of *Jannah* (Paradise). They will take him from his grave with dignity and respect. If he would seem terrified of the horrors of *Yaum-ul-Qiyāmah* (The Day of Judgment), they will console him and will tell him not to worry, as he would be safe from all the

horrors of that Day. Allah will then make his accountability easy and swift, awarding him Jannah (Paradise). The angels will then escort him towards Jannah (Paradise) with great respect and dignity, like a bride, and by virtue of Allah's command they will make him enter Jannah (Paradise), whereas other people will still be entangled with their accountability on that Day."

(Rūh-ul-Ma'ani, p 22, vol 24)

Four Great Benefits

Hadhrat 'Ali ﷺ narrated that the Holy Prophet ﷺ said:

"Whoever recites:

لَآ اِلٰهَ اِلَّا اللّٰهُ الْمَلِكُ الْحَقُّ الْمُبِيْنُ

(There is no god but Allah, the Sovereign, the Truth, the Manifest)

one hundred times daily, then (Allah by virtue of) this verse will keep poverty away from him and (it) will be a source of solace (for him) in the dreadful and lonely

surroundings of his grave. By the blessings attached to these words, the reciter will attain physical and spiritual self-sufficiency, and on *Yaum-ul-Qiyamah* (The Day of Judgment) he shall knock at the door of Jannah (Paradise)."

The Reward Worth Eighty Years of Worship

Hadhrat Abu Hurayrah ﷺ narrated that, "Any one who recites the following Durūd Sharīf eighty times on Friday after *'Asr* prayers, before getting up from his place where he prayed his *'Asr* prayers, his sins of eighty years will be forgiven and he will be blessed with the reward equaling the worship for eighty years."

اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدِ نِ النَّبِيِّ الْاُمِّيِّ وَعَلٰٓى اٰلِهٖ وَسَلِّمْ
تَسْلِيْمًا ٥ (القول البديع)

(O Allah! Shower blessings and peace on Muhammad ﷺ the unlettered prophet, and on his descendants and his companions.)

Two Million Virtues

Ḥadhrat ‘Abdullah Bin ‘Auf ﷺ narrated that The Holy Prophet ﷺ said:

"Whoever recites these Kalimāt (verses) once:

لَآ اِلٰهَ اِلَّا اللّٰهُ وَحْدَهٗ لَا شَرِيْكَ لَهٗ اَحَداً صَمَدًا
لَمْ يَلِدْ وَلَمْ يُوْلَدْ وَلَمْ يَكُنْ لَّهٗ كُفُوًا اَحَدٌo

(There is no god but Allah. He is One. There is no partner in Him. One and Only, the eternally Besought of all, He begets not, nor was He begotten. And there is none co-equal with Him.)

Allah will reward him with two million virtues." (At-Targhīb Wa-Tartīb)

Commentary: Two million virtues are attainable by merely reciting the above mentioned Kalimāt (verses) just once. Therefore, if one makes it a routine to recite these, just once, after each of the five times daily prayers, a treasure of ten million virtues could undoubtedly be handy and beneficial on the ***Yaum-ul-Qiyamah*** (Day of Judgment)

Guard Against Mishaps

Ḥadhrat Talaq ﷺ narrates that a person came to Ḥadhrat Abu Darda ﷺ and said, "Your house got burnt." Ḥadhrat Abu Darda ﷺ said, "It didn't burn!" Then another person came and repeated the same thing. He again said, "It didn't burn!" Then a third person came and gave him the same news. He said, "It didn't burn!" Then a fourth person came and said to him, "O Abu Darda the flames rose very high but when the fire reached your home, it got extinguished." He said, "I knew that Allah would not do so (let my house burn), because I have heard from The Holy Prophet ﷺ that, "Whoever recites these *Kalimāt* (verses) in the morning, no mishap can reach him till the evening." (Since I recited these *Kalimāt* in the morning, I was confident that my house would not get burnt.) The *Kalimāt* (verses) are:

اَللّٰهُمَّ اَنْتَ رَبِّیْ لَآ اِلٰهَ اِلَّا اَنْتَ عَلَیْکَ تَوَکَّلْتُ
وَاَنْتَ رَبُّ الْعَرْشِ الْکَرِیْمِ مَا شَآءَ اللّٰهُ کَانَ
وَمَالَمْ یَشَاءْ لَمْ یَکُنْ وَلَا حَوْلَ وَلَا قُوَّةَ اِلَّا بِاللّٰهِ
الْعَلِیِّ الْعَظِیْمِ ط اَعْلَمُ اَنَّ اللّٰهَ عَلٰی کُلِّ شَیْءٍ

قَدِيْرٌ وَاَنَّ اللّٰهَ قَدْ اَحَاطَ بِكُلِّ شَيْءٍ عِلْمًا ط
اَللّٰهُمَّ اِنِّيْ اَعُوْذُبِكَ مِنْ شَرِّ نَفْسِيْ وَمِنْ شَرِّ
كُلِّ دَابَّةٍ اَنْتَ آخِذٌ ۢ بِنَاصِيَتِهَا اِنَّ رَبِّيْ عَلٰى
صِرَاطٍ مُّسْتَقِيْمٍo

(O Allah, You are my Lord. There is no god (worthy of worship) but You. I have placed my trust in You and You are the Lord of the Noble Throne. Whatever Allah willed - was, and whatever He willed not, was not. And there is no might (to save from sins) and there is no power (to achieve virtues) except that given by Allah, the High, the Supreme. I know, surely, Allah is powerful over everything, and that Allah encompasses everything with His knowledge. O Allah! I seek refuge with you from the evil of my own self and from the evil of every living thing, the forehead of which is in Your control. Surely my Lord is on the right path.) (Kanz-ul-A'māl)

Deliverance from *Jahannam* (Hell)

Hadhrat Abu Darda ﷺ narrates from The Holy Prophet ﷺ that, "Whoever says:

لَآ اِلٰهَ اِلَّا اللّٰهُ وَاللّٰهُ اَكْبَرُ

(There is no god but Allah and Allah is the Greatest.)

once, Allah Ta'ala brings one fourth of his body under protection from ***Jahannam*** (Hell). If he says it twice, then half of his body stands saved from ***Jahannam*** (Hell). And if he says it four times, he stands completely protected from ***Jahannam*** (Hell) by Allah. (Majma-Az-Zadaid)

Forgiveness for all Sins

Hadhrat 'Abdullah Ibn 'Umar ﷺ narrated from The Holy Prophet ﷺ that, "Whoever on earth says once:

لَآ اِلٰهَ اِلَّا اللّٰهُ وَاللّٰهُ اَكْبَرُ وَلَا حَوْلَ وَلَا قُوَّةَ اِلَّا بِاللّٰهِ

(There is no god but Allah. And Allah is the Greatest. And there is no might [to save from sins] and there is no power [to achieve virtues] except that given by Allah)

all his sins will be erased, even if they equal the suds of an ocean." (At-Targhīb)

Reward Equaling The Reward of Hajj

Ḥadhrat Ibn ‘Abbās ﷺ narrated that The Holy Prophet ﷺ said, "Any righteous offspring who gazes at his parents (or one of them) with love and affection, Allah will grant him against each such gaze a reward equaling the reward of an accepted Hajj."

Sahabah (the Companions) ﷺ asked, "O Prophet of Allah (ﷺ)! If any person looks at them a hundred times daily?" (Will the reward still be the same?) The Holy Prophet ﷺ said, "Yes!" and he ﷺ further said, "Allah (His exuberance) is beyond our limited frame of comprehension, and He is Mighty and Very Pure, and He is free from every defect and deficiency whatsoever. Therefore, to grant such a mighty reward against each such gaze is not difficult for Him."

Commentary: Fortunate indeed is the one whose parents or one of them is alive. Care for them with your heart and soul. Get their blessings coupled with a reward of an accepted Hajj against each of your gaze of love on them. Similarly one can, with great ease, avail

the rewards of hundreds of Hajj merely by performing this act daily. May Allah gives us the success in acting upon this (Amīn).

Allah's Mercy - Seventy Times a Day

Whoever recites: Surah Al-Fatihah (Surah 1:1-7) once, *Aayāt-ul-Kurusi* (Surah 2: 255) once and the five *Aayāt* (verses) given below once, after every Ṣalah (Daily five times prayer) his abode will be *Jannah* (Paradise); he will stay in *"Hazeerat-ul-Quds"* [1] . Allah showers on him blessings seventy times a day; seventy of his needs are satisfied and he stands forgiven for his sins.(Ibn-e-Assunni)

شَهِدَ اللّٰهُ اَنَّهٗ لَآ اِلٰهَ اِلَّا هُوَ وَالْمَلٰٓئِكَةُ وَاُوْلُو
الْعِلْمِ قَآئِمًام بِالْقِسْطِ. لَآ اِلٰهَ اِلَّا هُوَ الْعَزِيْزُ
الْحَكِيْمُ ط اِنَّ الدِّيْنَ عِنْدَ اللّٰهِ الْاِسْلَامُ ط وَمَا
اخْتَلَفَ الَّذِيْنَ اُوْتُوا الْكِتَابَ اِلَّا مِن م بَعْدِ مَا جَاءَ
هُمُ الْعِلْمُ بَغْيًام بَيْنَهُمْ وَمَنْ يَّكْفُرْ بِاٰيٰتِ اللّٰهِ فَاِنَّ
اللّٰهَ سَرِيْعُ الْحِسَابِo قُلِ اللّٰهُمَّ مٰلِكَ الْمُلْكِ

1. This is an exalted station in *Jannah* (Paradise)

تُؤْتِی الْمُلْکَ مَنْ تَشَآءُ وَتَنْزِعُ الْمُلْکَ مِمَّنْ
تَشَآءُ وَ تُعِزُّ مَنْ تَشَآءُ وَ تُذِلُّ مَنْ تَشَآءُ بِیَدِکَ
الْخَیْرُ، اِنَّکَ عَلٰی کُلِّ شَیْءٍ قَدِیْرٌ o تُوْلِجُ الَّیْلَ
فِی النَّهَارِ وَ تُوْلِجُ النَّهَارَ فِی الَّیْلِ وَ تُخْرِجُ الْحَیَّ
مِنَ الْمَیِّتِ وَ تُخْرِجُ الْمَیِّتَ مِنَ الْحَیِّ وَ تَرْزُقُ
مَنْ تَشَآءُ بِغَیْرِ حِسَابٍ o

(Allah bears witness that there is no god but He; and [so do] the angels and the men of knowledge - being the One who maintains equity. There is no god but He, the Mighty, the Wise. Truly, the religion in the sight of Allah is Islam. And those who have been given the book did not differ [among themselves] except after the knowledge had come to them, [and all this] due to envy against each other. And whoever denies the verses of Allah, then, Allah is swift at reckoning. Say: "O Allah, Lord of the Kingdom, You give kingdom to whom You will, and take kingdom away from whom You will; and You bestow honour on whom You will, and bring disgrace to whom You will. In Your hand lies the good. You are surely powerful over everything.You make the night enter into the day, and make the day enter into the night; and You bring the living out

from the dead, and bring the dead out from the living, and You give to whom You will without measure.)

(Surah 3:18-19, 26-27 Ma'riful Qur'an Vol II)

Supplication by Seventy Thousand Angels

Whoever after saying thrice:

اَعُوْذُ بِاللّٰهِ السَّمِيْعِ الْعَلِيْمِ مِنَ الشَّيْطَانِ الرَّجِيْمِ

(I seek refuge with Allah, the All-Hearing the All-Knowing, from Satan - the accursed)

recites the following last ***Aayāt*** (verses) of ***Surah Al-Ḥashr (Surah 59)*** once each in the morning and in the evening, then from that morning till the evening and from the evening till the next morning, seventy thousand ***Malāikah*** (Angels) continuously supplicate (to Allah) for him to be forgiven, and if he dies (during this period), he is deemed (by Allah) as a ***Shahīd*** (Martyr). (Tirmizi, Darmi, Ibn Assunni)

هُوَ اللّٰهُ الَّذِیْ لَآ اِلٰهَ اِلَّا هُوَ ط عَالِمُ الْغَیْبِ
وَالشَّهَادَةِ هُوَ الرَّحْمٰنُ الرَّحِیْمُ هُوَ اللّٰهُ
الَّذِیْ لَآ اِلٰهَ اِلَّا هُوَ ط اَلْمَلِکُ الْقُدُّوْسُ السَّلَامُ
الْمُؤْمِنُ الْمُهَیْمِنُ الْعَزِیْزُ الْجَبَّارُ الْمُتَکَبِّرُ ط
سُبْحَانَ اللّٰهِ عَمَّا یُشْرِکُوْنَ o هُوَ اللّٰهُ
الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ لَهُ الْاَسْمَآءُ
الْحُسْنٰی یُسَبِّحُ لَهٗ مَافِی السَّمٰوٰتِ
وَالْاَرْضِ وَهُوَ الْعَزِیْزُ الْحَکِیْمُo

(He is Allah, there is no god but He; the Knower of the Hidden and the Manifest. He is the One, the All-Merciful, the Very-Merciful. He is Allah, there is no god but He; the Sovereign, the All-Pure, the Guarantor of Security, the Provider of Asylum,the Protector, the Mighty, the Subduer, the Exalted. Pure is Allah from what they attribute to Him. He is Allah, the Creator, the Originator, the Fashioner, to Him belong the Fairest of names. Whatsoever is in the heavens and the earth glorifies Him, and He is the Mighty, the Wise. (Surah # 59: 22 - 24)

Easing Difficult Tasks

Whoever recites the following *Aayāt* (verses) seven times each in the morning and in the evening, Allah Ta'ala assumes his arduous tasks and makes them accomplished easily, even if he recites it without an intention (of seeking ease in his tasks). (Muslim)

حَسْبِيَ اللّٰهُ لَآ اِلٰهَ اِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيْمِ٥

(Enough for me is Allah. There is no god but He. In Him I have placed my trust, and He is the Lord of the Great Throne. (Ma'riful Qura'n Vol.4, 9:129)

Benefactions of Both The Worlds

One should routinely recite the ***Aayat*** (verse) given below. When ***Saḥaba*** (the companions of the Holy Prophet ﷺ) ؓ recited it, Allah Ta'ala bestowed upon them the benefactions of both the worlds. (Tirmizi)

حَسْبُنَا اللّٰهُ وَ نِعْمَ الْوَكِيْلُ

(Enough for us is Allah, and the best One to trust in)

Infinite Grace by Allah

Whoever recites the following prayer three times each, in the morning and in the evening, Allah Ta'ālā will reward him on ***Yaum-ul-Qiyamah*** (The Day of Judgment) in a manner that will fill him with immense happiness. (Tirmizi)

رَضِيْتُ بِاللّٰهِ رَبًّا وَّ بِالْاِسْلَامِ دِيْنًا وَّ بِمُحَمَّدٍ
(صَلَّى اللّٰهُ عَلَيْهِ وَسَلَّمَ) نَبِيًّا رَسُوْلًا ٥

(Content I am with Allah as my Lord (Sustainer), and with Islam as my ***Dīn*** (way of life), and with Muhammad ﷺ as messenger (of Allah).

Gratitude For The Divine Benefactions

Whoever recites the following ***Kalimāt*** (verses) in the morning, (it is, as if) he thanked Allah for the bounties (conferred on him, by Allah) on that particular day and whoever recites them in the evening, (it is, as if) he thanked Allah for the bounties (conferred on him, by Allah) during that night. (Abu Daud)

اَللّٰهُمَّ مَا اَصْبَحَ بِیْ مِنْ نِّعْمَةٍ اَوْ بِاَحَدٍ مِّنْ خَلْقِکَ
فَمِنْکَ وَحْدَکَ لَا شَرِیْکَ لَکَ فَلَکَ الْحَمْدُ
وَلَکَ الشُّکْرُ ٥

(O Allah, whatever blessing, myself or any of your creatures receive, at the time of morning, is from You only. You are alone. There is no partner with You. And for You is the praise, and for You is the gratitude.)

Note: When reciting it in the evening, the word مَا اَصْبَحَ should be replaced with مَا اَمْسٰی (meaning "at the time of evening") while the rest of the prayer will remain the same.

Innumerable Rewards

سُبْحَانَ اللّٰهِ

(Pure is Allah)

Whoever recites these words a hundred times each, in the morning and in the evening, he is as (in terms of the reward) the one who offered ***Hajj***.

اَلْحَمْدُ لِلّٰهِ

(All Praises belong to Allah)

Whoever says these words a hundred times each, in the morning and in the evening, he stands (in terms of the reward) as the one who donated one hundred horses for ***Jihād*** (Holy War in the path of Allah) or as the one who himself fought in ***Jihād*** a hundred times.

لَآ اِلٰهَ اِلَّا اللّٰهُ

(There is no god but Allah)

Whoever says this *Kalimah* (verse) a hundred times each, in the morning and in the evening, he is like (in terms of the reward) the one who liberated one hundred slaves belonging to the progeny of Ḥadhrat Isma'īl عليه السلام

اَللّٰهُ اَكْبَرُ

(Allah is the Greatest)

Whoever recites this *Kalimah* (verse), a hundred times on any day, then (to Allah) there will be none (spiritually) superior to him on that particular day, save the one who recited this very *Kalimah* (verse) the same number of times, or more. (Tirmizi)

The Award of Jannah (Paradise)

Anyone who recites the ***"Sayyid-ul-Astaghfar"*** (best of all the verses seeking forgiveness from Allah) given below once, in the morning and dies before the evening, he will be among the people of ***Jannah*** (Paradise). Similarly, if he recites it in the evening and dies before the next morning, he will be among the people of ***Jannah*** (Paradise) - provided he recites with a firm belief (of getting this reward). (Bukhari)

اَللّٰهُمَّ اَنْتَ رَبِّیْ لَآ اِلٰهَ اِلَّا اَنْتَ خَلَقْتَنِیْ وَاَنَا
عَبْدُکَ وَ اَنَا عَلٰی عَهْدِکَ وَ وَعْدِکَ مَا اسْتَطَعْتُ
اَعُوْذُبِکَ مِنْ شَرِّ مَا صَنَعْتُ اَبُوْءُ لَکَ بِنِعْمَتِکَ
عَلَیَّ، وَاَبُوْءُ بِذَنْبِیْ فَاغْفِرْلِیْ فَاِنَّهٗ لَا یَغْفِرُ الذُّنُوْبَ
اِلَّا اَنْتَo

(O Allah! You are my *Rabb* (Lord, Sustainer and Provider). There is no god but You. You created me and I am Your slave, and I stand by Your covenant and Your promise to the best of what I can. I seek refuge with You from the evil of what

I have done. I confess before You of Your blessings on me, and I confess my sin. So forgive me, because no one else can forgive sins except You.)

Protection from *Jahannam* (Hell)

Whoever recites the following supplicating verse seven times each in the morning and in the evening, Allah Ta'ala will protect him from ***Jahannam*** (Hell)

اَللّٰهُمَّ اَجِرْنِیْ مِنَ النَّارِ

(O Allah! Keep me sheltered from *Annār* [The Hell Fire])

Invoking Divine Protection

Recitation of the following verses once each in the morning and in the evening shall invoke Divine protection against evils of humans and ***Jinn*** (devils)

اَعُوْذُ بِكَلِمَاتِ اللّٰهِ التَّامَّاتِ مِنْ غَضَبِهٖ وَ عِقَابِهٖ وَ شَرِّ
عِبَادِهٖ وَمِنْ هَمَزَاتِ الشَّيَاطِيْنِ وَاَعُوْذُبِكَ رَبِّ اَنْ
يَّحْضُرُوْنِo

(I seek protection with the perfect words of Allah against His wrath and anger and punishment, and the evil of some servants of His, and from the scruples planted by the ***Shayaṭīn*** (devils), and I seek Your refuge O Lord from that they (even) come to me.

Routine Recitations After Every Salah (Four Qul)

Recite after each ***Ṣalah*** (daily five times prayers): ***Surah # 109 Al-Kafirūn, Surah # 112 Al-Ikhlās, Surah # 113 Al- Falaq*** and ***Surah # 114 An-Nās.*** It is narrated in the ***Aḥadith Tayyibah*** (the traditions of The Holy Prophet ﷺ) that ***Surah Al-Kafirūn*** is equal to one-fourth of Qura'n (Tirmizi), Surah ***Al-Ikhlās*** (in reward) is equal to a third of Qura'n (Bukhari & Muslim). The Holy Prophet ﷺ also said, "Shouldn't I tell you the two excellent ***Surahs (Surah Al-Falaq & Surah An-Nās)*** which are recited"? (Abu Dūd) In one tradition it is narrated that The Holy Prophet ﷺ said, "Recite these Surahs, you will not find any ***Surah*** like them (in terms of seeking divine protection)."

The four ***Surahs*** are:

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ

قُلْ يٰٓاَيُّهَا الْكٰفِرُوْنَ o لَآ اَعْبُدُ مَا تَعْبُدُوْنَ o وَلَآ
اَنْتُمْ عٰبِدُوْنَ مَآ اَعْبُدُ o وَلَا اَنَا عَابِدٌ مَّا عَبَدْتُّمْ o
وَلَآ اَنْتُمْ عٰبِدُوْنَ مَآ اَعْبُدُ o لَكُمْ دِيْنُكُمْ وَلِيَ دِيْنِ o

Say (O Muhammad) , "O disbelivers , I do not worship what you worship and you do not worship what I worship, and I am not going to worship what you have been worshipping nor are you going to worship what I worship. For you is your faith and for me is my faith (Islam).

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ

قُلْ هُوَ اللّٰهُ اَحَدٌ o اَللّٰهُ الصَّمَدُ o لَمْ يَلِدْ وَلَمْ
يُوْلَدْ o وَلَمْ يَكُنْ لَّهٗ كُفُوًا اَحَدٌ o

Say (O Muhammad) , " He is Allah . the One. Allah is Self-sufficient. He does not begets, nor was He begotten. And there is none co-equal or comparable unto Him."

بِسۡمِ اللّٰهِ الرَّحۡمٰنِ الرَّحِيۡمِ

قُلۡ اَعُوۡذُ بِرَبِّ الۡفَلَقِ ۝ مِنۡ شَرِّ مَا خَلَقَ ۝ وَمِنۡ
شَرِّ غَاسِقٍ اِذَا وَقَبَ ۝ وَمِنۡ شَرِّ النَّفّٰثٰتِ فِى
الۡعُقَدِ ۝ وَمِنۡ شَرِّ حَاسِدٍ اِذَا حَسَدَ ۝

Say (O Muhammad) , " I seek refuge with Allah, the Lord of the daybreak, from the evil of what He has created. And from the evil of the darkening (night) as it comes with its darkness. And from the evil of the witchcrafts when they blow in the knots. And from the evil of an envier when he envies."

بِسۡمِ اللّٰهِ الرَّحۡمٰنِ الرَّحِيۡمِ

قُلۡ اَعُوۡذُ بِرَبِّ النَّاسِ ۝ مَلِكِ النَّاسِ ۝ اِلٰهِ
النَّاسِ ۝ مِنۡ شَرِّ الۡوَسۡوَاسِ الۡخَنَّاسِ ۝ الَّذِىۡ
يُوَسۡوِسُ فِىۡ صُدُوۡرِ النَّاسِ ۝ مِنَ الۡجِنَّةِ
وَالنَّاسِ ۝

Say (O Muhammad) , " I seek refuge with the Lord of mankind. The King of mankind. The God of mankind. Form the evil of the whisperer (the devil who whispers evil in the hearts of men). Who withdraws (from his whispering after one remembers Allah). Who whispers in the breast of mankind, of Jinns and Men."

Safeguard Against Harms

Recitation of the following verses thrice will Inshallah act as a shield against harms caused by any creature. Therefore make a daily routine to recite these verses thrice each in the morning and in the evening.

بِسْمِ اللّٰهِ الَّذِىْ لَا يَضُرُّ مَعَ اسْمِهٖ شَىْءٌ فِى الْاَرْضِ
وَلَا فِى السَّمَآءِ وَهُوَ السَّمِيْعُ الْعَلِيْمُo

(With the name of Allah, in the company of Whose name nothing in the heavens and the earth can bring harm, and He is All-Hearing, All-Knowing.)

Protection Against Calamities And Disasters

Whoever recites the following ***Kalimāt*** (Verses) ten times each, in the morning and in the evening, Allah will award him one hundred virtues and will wipe off one hundred of his sins. Additionally, he will get the reward of emancipating one slave; and will stand

protected against calamities and disasters during that particular day and the night. (Ibn Assunni)

لَآ اِلٰهَ اِلَّا اللّٰهُ وَحْدَهٗ لَا شَرِيْكَ لَهٗ لَهُ الْمُلْكُ
وَلَهُ الْحَمْدُ وَهُوَ عَلٰى كُلِّ شَيْءٍ قَدِيْرٌ o

(There is no god but Allah. He is One. There is no partner in Him. For Him is the Kingdom and for Him is the praise, and He is powerful over everything.)

Making Up For The Deficiency In the Daily A'māl (virtuous deeds)

When recited once, at night, these *Aayāt* (verses) given below will make up for the deficiency in that day's virtuous and pious deeds. If recited in the morning, it will compensate for any deficiency left in the virtuous and pious deeds during that night. (Sihah-e-Sitta)

فَسُبْحَانَ اللّٰهِ حِيْنَ تُمْسُوْنَ وَ حِيْنَ تُصْبِحُوْنَ
وَلَهُ الْحَمْدُ فِى السَّمٰوٰتِ وَالْاَرْضِ وَعَشِيًّا
وَّ حِيْنَ تُظْهِرُوْنَ يُخْرِجُ الْحَىَّ مِنَ الْمَيِّتِ

وَ يُخْرِجُ الْمَيِّتَ مِنَ الْحَيِّ وَيُحْيِ الْاَرْضَ بَعْدَ
مَوْتِهَا وَ كَذٰلِكَ تُخْرَجُوْنَ٥

(So, proclaim Allah's purity when you see the evening and when you see the morning. And to Him be praise in the heavens and the earth, and in the afternoon and when you enter the time of Zuhr (soon after the decline of the sun towards West). He brings out the living from the dead and brings out the dead from the living, and gives life to the land after it is dead. And in similar way you will be brought out. (Surah Ar-Rūm Verses: 17-19)

Commentary: Make a consistent routine to recite the above-mentioned *Aayāt* (verses) once each in the morning and the evening.

A'bdur Raūf Sakkharvi
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